

W E L L N E S S C E N T E R

# 2014 HEALTHY *holiday* GUIDE

S E V E N T H - D A Y A D V E N T I S T G U A M C L I N I C

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## ✧ Abundant Living ✧

*"I am come that they might have life,  
and that they might have it more abundantly." John 10:10*

### A TRIBUTE TO FAMILY

I don't know when it started,  
Or how it all began.  
But God created families,  
As only our Lord can.  
He was teaching what it means,  
To love, honor, and obey.  
He wanted a strong bond,  
That we don't see too much today.  
He wanted someone to hold us,  
And show respect for others.  
He wanted someone who'd be gentle,  
And so he created mothers.  
He wanted someone strong,  
A support filled with love.  
And so he created fathers,  
Sent from heaven up above.  
Brothers and sisters came next,  
With that, an instant friend.  
Someone to look up to,  
Someone on who to depend.

When He put them all together,  
He was amazed at what He'd done.  
He had created a family,  
Mother, father, daughter, son.  
But look at the family,  
Created by only two.  
How many we've become,  
And all because of you.  
We have a lot to be thankful for,  
The memories through the years.  
The many times together,  
Full of laughter, full of tears.  
I don't know where we'd be today,  
If it weren't for the two of you.  
To show us strength, support, and love,  
Like only the two of you can do.

Source: <http://www.familyfriendpoems.com>

### Resolve...

*to make healthier choices  
to stay on track  
to be kind to yourself  
to not go overboard*



### Sunflower Seed Loaf

by Ofelia Prado

1/2 cup raw sunflower seed, ground  
2/3 cup walnuts, ground  
3/4 cup bread crumbs  
1 medium potato, raw

1 cup nut or soy milk  
1 garlic clove, chopped fine  
1 small onion, chopped fine  
1 teaspoon sea salt  
1 tablespoon Bragg's liquid amino  
1/4 teaspoon dried sage  
1/4 teaspoon garlic salt (optional)

Grease loaf pan with olive oil or cooking spray. Mix all ingredients in large mixing bowl. Pour in mixture. Cover with foil, bake 45 min at 350 degrees. Uncover and bake another 15 min.





## Party Survival Tips

Know your cravings and weaknesses and decide how you will resist

Bring an accountability partner

Eat healthy before going so you won't overindulge

Bring a tasty healthy dish to share

Tell your host that your priority is to spend time with them, the food is just a bonus

Pray before you go for added strength and courage!

*by Angeline B. David, DrPH, MHS, RD/N*

LOOKING  
AHEAD

JAN 12  
Seven Day Detox

JAN 25  
Stay Fit

FEB 8  
NEWSTART



### EAT MORE

...vegetables  
...whole grains  
...beans  
...fruits  
...nuts



### MOVE MORE

...by scheduling physical activity into the holiday festivities.  
...by involving family in games.  
...by not skipping your regular workouts.



### SHARE MORE

...by involving kids in cooking healthy foods ~ they will eat what they make!

...by spending time together talking and walking instead of eating ~ you can't talk with your mouth full!

### REST MORE

...by sleeping during peak hours for health (between 9pm - 5am).  
...by taking a break each day to rest and reflect on your blessings.



### Country Style Gravy by Ofelia Prado

2 cups water  
1/2 cup cashew pieces (or 3 T whole wheat flour)

1 tablespoon onion powder  
1/4 teaspoon garlic powder  
1/4 teaspoon salt  
2 tablespoon oil  
2-3 tablespoons Bragg's liquid aminos  
1 tablespoon yeast flakes  
1 tablespoon cornstarch

Blend all ingredients on high 2-3 minutes until creamy. Pour into saucepan and cook on medium-high until thick, stirring constantly. Serve over entree roasts, loafs, potatoes, or biscuits.